

# Abe's DAPA Is Here To Help Sailors

BY MC1 JEANNETTE BOWLES  
*Penny Press staff*

Part of the Navy's "Honor, Courage and Commitment" motto is making responsible choices. Sometimes, however, Sailors find themselves in situations involving drugs and alcohol that impairs their ability to make wise decisions. In those cases, their actions could impact not only their careers, but also their lives.

Sailors aboard USS Abraham Lincoln (CVN 72) have a source, though, that they can go to for help: the command's Drug and Alcohol Prevention Advisors (DAPA).

"Our job is two-fold," said Information Systems Technician Chief (SW/AW) Wendy Trice, Lincoln's command DAPA.

"We run a prevention program that includes 'Rules of 72', 'Smart Driver', and the 'Smart Card', Trice said. In our prevention program we look at preventing alcohol related incidents (ARI) and drug use and help people make responsible choices."

Trice said the second part of her job is to be the commanding officer's direct representative for the screening and paperwork for the consequences of a Sailor's actions. They also provide follow-up care for the Sailor.

Additionally, Trice and her assistant command DAPA, Aviation Electronics Technician 1<sup>st</sup> Class (AW/SW) Guy Dicks, make



MCSN Ronald Dallatorre

**USS Abraham Lincoln's (CVN 72) Departmental DAPA representatives are here to help Abe Sailors with problems that may arise.**

Sailors more aware of the Lincoln's prevention program and what it encompasses.

"The Rules of 72 is basically an incentives program that rewards Sailors for making responsible choices," Trice said. "They get time off if their division has no ARIs. If their division does have an ARI or drug-related incident, those who didn't get in trouble within that division can still get a chance at some time off for individual good behavior."

Turn to DAPA, Page 4

# Abe Lincoln Sailor Retires After 30 years

BY LT. ALANA GARAS  
*Penny Press contributor*

"I've been in the Navy since you were in diapers," is a phrase most Sailors have heard more than once. But how many have heard, "I've been a chief since before you were born?"

With almost 30 years of service, Reactor Department's Master Chief Machinist's Mate Mead Lotz is one of the few people

able to make that claim.

After a year at Syracuse University, Lotz joined the Navy in November 1976. After basic training and "A" school, Lotz went on to Nuclear Power School in Orlando, Fla., graduating with bragging rights of being in the last class to use slide-rules.

He distinguished himself early on as 10th in his class of 384 students from Power School, then third in his rate from Prototype Power Plants in Ballston Spa,


NY. He was kept on in Ballston Spa as a staff instructor teaching at the Trident design school.

This was only the beginning of Lotz's success in the Navy. He quickly made petty officer 1st class within a year of being onboard USS New York City (SSN 696), and then achieved chief petty officer in September 1985 with only nine years of service.


Turn to LOTZ, Page 5

Inside

Employee of the Month offers few laughs...  
... pg. 2



Mountain Man? Read about Glacier Peak...  
... pg. 3



NAVY HISTORY..... 2

SHIPMATES..... 6

SAFETY SAILOR..... 6

## At The Movies

# Slacker Turns Employee Of the Month

By MC2(SW) DAN CLEARY  
Penny Press staff

Hello cattle of the grazing fields of cinema!

The movie that's under the microscope this week is Employee of the Month starring Dane Cook (*Waiting*), Dax Shepard (*Without a Paddle*) and Jessica Simpson (*The Dukes of Hazzard*).

Employee of the Month follows the life of the lovable Zack Bradley (*Dane Cook*). Zack is a box boy at Super Club, a wholesale supermarket, and the ultimate slacker. Zach and his posse of equal slackers take great lengths to stay under the management's radar.

Life is pretty good for Zack and his friends until a new employee flips his world upside down. Enter Amy (*Jessica Simpson*), the super-ultra-mega-cute cashier who grabs Zack's attention immediately.

Instantly, he wants to know what he has to do get her attention. After some digging he finds out that Amy has a thing for the Employee of the Month.

Zack decides that he is going to be Employee of the Month in order to win his fair maiden's heart. Can the transition from master slacker to super employee be that easy?

Zack is about to find out how much it sucks putting forth the effort. To make matters worse

his competition is 17-times-in-a-row Employee of the Month, Vince (*Dax Shepard*).

The game is on ladies and gentlemen! Who will it be, the slacker with a heart of gold or the super employee scumbag?

This movie was all right. There probably is a better word to sum up this movie, but 'all right' just keeps popping up.

The movie had some really funny moments, but not as many as it should. There was a lot of dead time in the movie.

Another negative factor about the movie is that it's really predictable. Every twist and turn in this story is very transparent. This movie will make you feel psychic.

Employee of the Month does have redeeming factors, though. The cast is chock full of up-and-coming actors and comedic favorites (*Harland Williams*, *Andy Dick*). They gave great performances, but due to the weak story they didn't shine that much.

Of all the cast, Dane Cook gave the best performance. An already famous stand-up comedian, Mr. Cook proved he could deliver the same laughs to the big screen. Expect to see him in more movies.

Overall, the movie is worth seeing if you are really bored. It's almost worth seeing it in theatres, but will definitely be worth seeing on DVD.

Although weak and predictable, Employee of the Month redeems itself to earn three out of five Dano's.



Little drunk? Need a ride?  
Call (425)530-1934 for Abe's Smart Ride.  
A phone call now can save you a headache later.



### Oct. 16, 1891

A brawl between American Sailors and Chilean nationals outside the True Blue Saloon in Valparaiso, Chile, resulted in two American Sailors killed, 17 wounded, and many arrested. The incident sparked a diplomatic crisis that lasted for months.

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## News

# Mountain Peaks Sailor's Interest

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By MC3(AW) M. JEREMIE YODER  
*Penny Press staff*

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Following the Lincoln's return from the Western Pacific I was ready to take advantage of the outdoor recreation opportunities that the Olympic and Cascade Mountains had to offer, having grown up in Colorado at the foot of the Rocky Mountains.

The trip I had planned with a fellow Sailor and a few of my college friends would take us to Glacier Peak and the surrounding area of the Cascades, an area easily accessible from Darrington, Wash. and just a short hour to the northeast from Everett.

Following an unseasonably dry and clear span of 10 days, my friends and I took advantage of the last weekend in September and headed east. Conventional wisdom says that the last weekend of September is the last "safe" weekend of the season. We may have been pushing it, but we were going to go.

Early that Friday morning we headed east, stopping only for breakfast at the Glacier Peak Café in Darrington. We needed an early start in order to haul our heavy backpacks the 10-plus miles and 4,000 ft. of elevation gain that the day would require.

The trail started in an old growth forest populated largely by Western Red Cedars and incised at regular intervals by rivers, but after five-and-a-half miles, it gave way to relentless switchbacks and much smaller trees.

One-by-one the three of us conquered the 24 or so switchbacks that littered that three mile stretch of trail.

As our elevation increased, so did the breadth and quality of our view, until we were left with little to restrain our gaze except the mountain on whose side we were still climbing.

At the approach of dusk we stopped for the day, setting up camp at a nearly peerless spot marked by spectacular views to the west, looking across the valley that we had spent a large portion of the day hiking out of.

Following a restless night of sleep on a slope that nearly had me falling out of my sleeping bag, I woke up and beheld again the scene of mountains that had drawn me to this place originally.

It was almost beyond belief.

In almost every direction, our camp afforded us stunning views of the mountains on the brink of winter. They were at the same time austere and inviting. The star of the show was the Cascade Blueberries and their small scarlet set ablaze by the low morning light.

The site was unfamiliarly breathtaking even for a guy who has spent a good portion of his life seeking out just such vistas. The stunning beauty of the scene was highlighted by the subtle color changes afforded the vegetation by the onset of autumn.



Photo By MC3(AW) M. Jeremie Yoder

**The scenic beauty of the Cascades is breathtaking. Hiking is a healthy activity convenient to Everett and Bremerton.**

After packing our bags we headed west along the flank of White Mountain, and ultimately, along the ridge that connected it with Ten Peak Mountain, accommodating the countless undulations and picking our way by a glacier.

While the way was difficult, the route afforded us the commodity that we most desired: unbroken views in all directions.

At the onset of evening, we again stopped and set up camp, this time on the other side of the ridge and within full view of our trip's goal: unhindered views of Glacier Peak—the Cascade Mountain's hidden giant.

Morning came with the sun, which had been temporarily extinguished the previous evening by a fog that had blanketed the valley in which our camp rested.

Knowing that our day would be long and that work awaited each of us the next morning, we got an early start, hiking out of the valley floor and away from Glacier Peak.

As we hiked away from the mountain, our views improved.

Each foot of elevation gained exponentially increased the view offered us.

But the views could not improve indefinitely, and so we again descended down into the valley that had brought us up just two days prior.

After more than 12 miles and six hours of hiking, my stiff and aching body made it to the base of the trail.

When I look back at the weekend, I am amazed by the things I saw and the experiences that I had, from the blueberries to the vistas.



## Local News

### DAPA

*Continued from page 1*

Trice said in that instance, the names of those who stayed out of trouble will go into a hat and a few names will be selected for special liberty.

Smart Driver is also part of the prevention program. "Smart Driver is an option to the Sailors if they've been drinking so they don't get into their vehicle and drive," Trice said. "They can call the Smart Driver number and the ship has a duty driver for Smart Driver. They will come and pick them up and bring them back to the ship."

Trice said the Smart Driver will also take Sailors to their residences if they live off of the ship. The Smart Driver's number can be found on blue "Smart Cards" which is a third component of the prevention program.

"The purpose of the Smart Card is to make it easier for our Sailors to arrive home safely, without drinking and driving," Dicks said. "They were in effect since our return from deployment when yellow cards were issued for Everett. Blue cards were issued for Bremerton that have not only the Everett taxi numbers but also the Bremerton taxi numbers, the Smart Driver number and the correct Bremerton quarterdeck number."

Dicks said that the taxi cab telephone numbers on the "Smart Card" include the number to the Best Darn Cab Company, which operates in Bremerton, and will provide Sailors a ride home if they've been drinking without needing money for the ride, at least not up front. He said reimbursement is made to the MWR fund by the servicemember at a later time.

Also included on the card is a reminder of the Anna's Ride Home service which Dicks said is paid for by the Kitsap County Prosecutor's Office and offers Sailors a completely free ride home.

Dicks said the quarterdeck will continue to check for the cards when personnel leave the ship to ensure that members have this resource and realize its importance as a standard within the command.

Although Trice and Dicks are the primary personnel responsible for the program, they said that they can't do it alone.

Trice said they have department DAPAs and other personnel who are qualified to teach Aware and Alcohol and Drug Abuse Managers and Supervisors (ADAMS) classes that are a part of DAPA.

"Aware class helps people coming into the command be aware of not only the policies, the Navy's rules and regulations, but also the values the Navy has for responsible alcohol use and doing the right thing," said Dicks. "We make a tie-in between personal choices and the results. We look at driving under the influence (DUI) and the cost of DUIs."

Dicks said ADAMS classes mainly focus on supervisors and their responsibilities and role in intervention and their assistance to the individual that needs to receive some treatment.

Trice said that the number of cases they see on a monthly basis fluctuates, but when the ship is in the yard period, Sailors are notoriously at high risk. She said as a command we need to look at what we can do for the Sailors before it gets to the point where they're making irresponsible choices and getting ARIs.

"We need to help them make responsible choices," Trice said. "That is a big thing right there. When you say responsible drinking everybody is going to have their own idea of what it is. How do we educate Sailors? Just because their buddy got them home and they didn't get in trouble doesn't mean that they're drinking responsibly."

Trice said it's the individual's responsibility for the choices they make. She said she would also rather have them have a self referral or a command referral than wait until it becomes a problem.

"A self or command referral doesn't mean that they're going to have a dependency problem," said Trice. "If they want some counseling or help we would much rather have command and self referral because that is non-punitive. Get the help before you get the ARI and NJP."

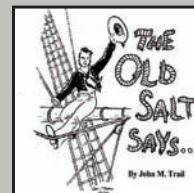
Despite the number of ARI cases over the past two months, Dicks said they have seen a slow continual decrease in ARIs over the last three years.

"With the broad support of the crew of Abraham Lincoln, the command has seen great improvement in all aspects of alcohol abuse prevention as well as successful referral and treatment of those with alcohol problems," Dicks said. "Continued support and adjustment will ensure the program succeeds through the varying cycles of carrier life."

Trice said in the upcoming months they are going to try different ideas to drive the message home to Sailors that drinking and driving don't mix.

## Brass Monkey

"Now hear this!" Did you ever hear of the term "colder than the balls on a brass monkey?" Well contrary to popular belief, this is a nautical expression and not a rude comment. The brass monkey was the nickname given long ago in the days of sail to the solid brass plate with many indentations that held cannon balls at the ready near the guns. Since the shot was iron and subject to surface rust in the open weather decks, brass was chosen as it was non-ferrous and would not rust along with the shot, and as most Sailors know when it is cold at sea metal onboard ship becomes very cold. Hence when working the guns in winter the cannon balls were like ice to the touch!



## MWR



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PRESEASON		
VS. PORTLAND	FRIDAY OCT. 20	7:30PM
VS. SACRAMENTO	WEDNESDAY OCT. 25	7PM
VS. GOLDEN STATE	THURSDAY OCT. 26	7PM

VS. PORTLAND	WEDNESDAY NOV. 1	7PM
VS. L.A. LAKERS	SUNDAY NOV. 5	6PM
VS. PHILADELPHIA	WEDNESDAY NOV. 15	7PM
VS. UTAH	FRIDAY NOV. 17	7:30PM
VS. NEW JERSEY	MONDAY NOV. 20	7PM
VS. SACRAMENTO	FRIDAY NOV. 24	7:30PM
VS. SAN ANTONIO	SUNDAY NOV. 26	6PM
VS. ORLANDO	WEDNESDAY NOV. 29	7PM
VS. INDIANA	FRIDAY DEC. 1	7:30PM
VS. ATLANTA	TUESDAY DEC. 5	7PM
VS. NO/OKLA. CITY	FRIDAY DEC. 8	7:30PM
VS. GOLDEN STATE	SUNDAY DEC. 10	6PM
VS. DALLAS	WEDNESDAY DEC. 20	7:30PM
VS. TORONTO	SATURDAY DEC. 23	7PM
VS. NO/OKLA. CITY	TUESDAY DEC. 26	7PM
VS. BOSTON	SUNDAY DEC. 31	7PM
VS. NEW YORK	FRIDAY JAN. 5	7:30PM
VS. MIAMI	WEDNESDAY JAN. 10	7PM
VS. UTAH	FRIDAY JAN. 12	7:30PM
VS. CLEVELAND	TUESDAY JAN. 16	7PM
VS. MILWAUKEE	FRIDAY JAN. 19	7:30PM
VS. DENVER	TUESDAY JAN. 23	7PM
VS. MINNESOTA	FRIDAY JAN. 26	7:30PM
VS. L.A. CLIPPERS	SUNDAY JAN. 28	7PM

## LOTZ

*Continued from page 1*

Lotz went on to complete three more tours at Ballston Spa Prototype, two submarine tours and a CVN tour on the USS Theodore Roosevelt (CVN-71) before coming to the Lincoln.

"I wanted to see a different part of the country for my twilight tour," said Lotz. "So I requested orders to a deployed CVN out of Washington."

Lotz was assigned to Lincoln's Reactor Training Division, where he organized and tracked all administration, qualification and training.

"It was a good division to be a part of," Lotz said. "It was an opportunity to have a profound affect on new Reactor Department personnel, easing them into carrier life and qualifications."

In Reactor Training, Lotz is known by all for being the "go-to" guy.

"The man knows everything," said Senior Chief Machinist's Mate Bryan

Heavilin, Lotz's colleague in Reactor Training.

"If a Sailor comes in with a question that can't be readily answered, the response is 'go see Master Chief,'" Heavilin said. "And he usually knows. On the rare occasion he doesn't, he'll drop what he's doing to seek out the answer."

Lotz's thirst for knowledge didn't end with the Reactor Plant. He has taken over 100 college credits, in classes ranging from Astronomy and Psychology to Computer Architecture.

In addition to academic classes, Lotz also engages himself with learning new hobbies with local artists, such as building glass designs.

Keeping busy helped Lotz keep his mind off of missing his family. In their last 25 years of marriage, Lotz and his wife Cossette have spent almost half of that time apart, as Lotz spent his sea tour years as a geo-bachelor.

"It's gotten a little easier, with e-mails and cell phones," Lotz admits. "But, it's still hard."

He credits their successful marriage to his wife's constant support and independent personality.

"After all these years, she's not going to know what to do with me being around all the time," Lotz said chuckling. "I'll probably get kicked out of the house after a while!"

With his countdown of days until retirement in the single digits, Lotz is looking forward to returning to his home in Northumberland, NY and starting his second career as a pharmacist. "Look for me passing out pills in our local supermarket."

To the Sailors he passes on this piece of advice.

"Never stop learning, and take advantage of the opportunities the Navy will afford you," said Lotz. "And don't forget to have a bit of fun."



## Final Words



# Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo By MCSN James Evans

Lieutenant Greg Williams of the USS Nevada (SSBN 733) gets some aerobic exercise on Bangor fitness center's elliptical machines.

## Editor's Top 10

### Things you can't do with your Smart Card:

10. Make paper origami swans.
9. Replace your MP3 player.
8. Wash your hair with it.
7. Surf the web for the hottest bars.
6. Make a delicious plate of spaghetti.
5. Advance to the next pay grade.
4. Avoid nasty paper cuts when showing the watches when you want to leave.
3. Watch Oprah or Dr. Phil.
2. Despite popular belief, the smart card will not do your kids' math homework.
1. Use it as a free "get out of Captain's Mast card."



DPIA security badges for new check-ins are available for pickup in the Security Manager's Office (03-140-4-A) on the barge from 0830-0930 daily.

### USS Abraham Lincoln Safety Department's

## Safety Sailor of the Week

While using a needle gun on the fantail, SN Slater of Deck's 2nd division ensured her safety by using PPE (goggles and double hearing protection).

